

An ideal summer treat, these tarts are absolutely bursting with colour, flavour, and natural sweetness. The ingredients are indeed mostly fruit, from the crust, to the filling, to the topping. Plus, we've got some hazelnutty goodness in there too to round things out. You can add whatever extra toppings you like to make these extra delicious and to suit your mood. Note: If you don't have hazelnut butter, you can use peanut butter or whatever nut or seed butter you fancy. I have been known to enjoy these tarts for breakfast *and* dinner. Let's eat!

BERRY TARTS with HAZELNUT BANANA FILLING

Makes 3 large tarts, 3-6 servings

From <https://www.thisrawsomeveganlife.com/>

Crust:

3/4 cup dates

1/4 cup raisins

1/4 cup almond flour

1-2 tablespoons coconut oil

Pinch sea salt

Filling:

2 bananas

2 tablespoons hazelnut butter

1/4 teaspoon vanilla extract

Pinch sea salt

Topping:

1 cup fresh or frozen berries, or whatever fruit is in season near you

3 tablespoons hazelnut butter

Coconut flakes, cacao nibs...

Make the crust. Line three tart tins with coconut oil, parchment paper, or plastic wrap. Pit the dates, then throw the dates, raisins, coconut oil and sea salt in a food processor. Process until you have a sticky dough, it should end up forming into one ball in the food processor. Just be patient, it can take a few minutes. Add the almond flour. Mix it in until you have a thick, sticky dough. Press evenly into the three lined tart tins. If the dough is too sticky, wet your hands a little to make it easier to work with. Put the tart crusts in the freezer until they are hard enough to take out of their tins. This might take 30-60 minutes.

Make the filling. Peel the bananas, then mash them together with the rest of the filling ingredients in a bowl with a fork. It should end up being like a hazelnut butter banana pudding. Spread into your crusts.

Decorate. Top your tarts off with your berries, then drizzle on hazelnut butter. Add any other goodies you like. Enjoy right away. These are best fresh, but can be stored in the freezer for 1-3 days.